



THE BLAZE

Working Learning Acting TOGETHER



Dear Parents and Students

Blaze comes to you one day early this week due to the **May Day (Labor)** public holiday tomorrow and **long weekend**. I trust that most families will enjoy this extended weekend opportunity to spend time together!

This week, and for the second year running, we have been fortunate to welcome the **Ezra Dance programme from Australia and New Zealand** into our school to work with our ELC to Grade 7 students as a supplement to both our music and PE programmes. Students have had a terrific time learning a series of dance moves, all of which culminated in a wonderful performance earlier this afternoon. I am sure all in attendance very much enjoyed the fun dances, and none more so than Mr. Boogie-wonderland-Wallace himself!

Last Friday the Board of Governors shared with our community what I believe will be very positively received news, and that is that the **school tuition and bus fees for the new school year will once again remain at the 2022-23 rate** (i.e., no increase for the fourth straight year). At the same time, they also released the **annual 'Intent to Return' survey**, which requests that parents indicate their current plans for the new school year and whether they intend for their children to return to IST. I want to thank the many parents who completed the survey, and to give advance warning that the school office will be **directly telephoning those parents that haven't yet submitted the survey** so that we have a clearer picture of the plans for all families and grade levels. Thank you for your support.

I imagine that a few parents are beginning to wonder when the **new Dragon Arena gymnasium** will open. The good news is that all construction and landscaping has been completed and that apart from a few minor rectifications, the gym is good to go! The bad news is that we are still awaiting the final completion documents that verify that the gym is safe and approved for student use. This is unfortunately taking a little longer to process than we had expected, though we are hopeful of receiving final notification within the next week or two. A reminder, however, that **the PFO has arranged a tour of the new building this coming Wednesday at 10:00AM, and all parents are invited!**

Finally, **IB Diploma examinations commenced on Monday**, which means that the long weekend ahead will be a long one indeed for our Senior students (and their parents) as they continue to study hard to best prepare themselves for the challenge of these incredibly demanding exams. And, as with last week, a reminder to all students that academics and athletics really do complement one another, so be sure to get plenty of exercise for your bodies as well as your brains, and to sleep and eat well.

Have a wonderful May/Labor Day long weekend!

Steve Moody
Director

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INTERNATIONAL
SCHOOL of TIANJIN

Weekly

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IST HEALTH AND
WELLBEING

DEAM

DROP EVERYTING AND MOVE

APRIL

BURPEE COUNTDOWN

30-DAY CHALLENGE
© darebee.com



1 30 burpees	2 29 burpees	3 28 burpees	4 27 burpees	5 26 burpees
6 25 burpees	7 24 burpees	8 23 burpees	9 22 burpees	10 21 burpees
11 20 burpees	12 19 burpees	13 18 burpees	14 17 burpees	15 16 burpees
16 15 burpees	17 14 burpees	18 13 burpees	19 12 burpees	20 11 burpees
21 10 burpees	22 9 burpees	23 8 burpees	24 7 burpees	25 6 burpees
26 5 burpees	27 4 burpees	28 3 burpees	29 2 burpees	30 1 burpee



THE HIDDEN KEY TO ACADEMIC SUCCESS

Article 7: Resilience and Academic Grit

Why Setbacks Are Essential to Long-Term Success

Editor's Note

Every student's journey includes moments of difficulty, a lower-than-expected grade, a demanding subject, a missed opportunity, or a goal that takes longer than expected. While these experiences can feel discouraging, they are not signs of inadequacy. They are opportunities for growth.

In this installment of *The Hidden Keys to Academic Success*, we explore two essential drivers of long-term achievement: **resilience** and **grit**.

The Power of Setbacks

Students often feel pressure to perform consistently at a high level. However, educational research reminds us that struggle is not only normal — it is necessary for growth.

When students face challenges and work through them, they develop stronger problem-solving skills, emotional regulation, and adaptability. These experiences build resilience — the capacity to recover, adjust, and keep moving forward.



Avoiding challenge may protect short-term confidence. Overcoming challenge builds long-term capability.



Mindset Matters

Resilience begins with mindset.

Students with a **fixed mindset** may see intelligence as static. A setback can feel like proof of limitation.

Students with a **growth mindset** understand that ability develops through effort, strategy, and feedback. They view mistakes as information rather than identity.



Instead of asking, “*Am I good at this?*” resilient students ask, “*What can I learn from this?*”

That shift transforms obstacles into opportunities.

Understanding Academic Grit

While resilience helps students recover from difficulty, **grit** sustains effort toward long-term goals.

Grit means:

- Revising after a disappointing result
- Persisting in a demanding course
- Preparing consistently over time
- Remaining committed despite obstacles

It is not about perfection. It is about perseverance.

Importantly, grit does not mean ignoring stress or pushing beyond healthy limits. It means staying committed while adjusting strategies when necessary.





Building Resilience in Practice

Resilience can be strengthened intentionally. Students benefit from:

- ✓ Reflecting on setbacks to identify lessons learned
- ✓ Breaking large goals into manageable steps
- ✓ Seeking feedback rather than avoiding it
- ✓ Focusing on progress rather than comparison
- ✓ Valuing effort alongside outcomes

When students understand that growth often follows difficulty, they approach challenges with greater confidence and composure.

The Role of Parents and Educators

Resilience flourishes in environments where effort is valued and setbacks are normalized.

When adults emphasize learning over perfection and growth over ranking, students feel safe to take intellectual risks. Encouraging thoughtful reflection, rather than immediate correction — fosters ownership and maturity.

Support combined with high expectations builds strength.

Strength Through Struggle

Academic success is rarely a straight line. It is shaped through revision, recalibration, and renewed effort.

Setbacks are not barriers to achievement, they are part of the process that makes achievement possible. When students respond to difficulty with persistence and reflection, they develop the inner stability that sustains long-term success.

Resilience and grit are not only academic tools. They are life skills.





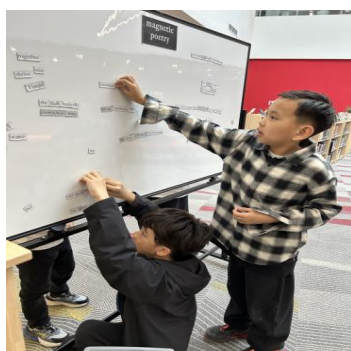
IST Library & Information Literacy Center

Our Mission

The IST Library is a friendly place where our community is inspired and challenged to think critically, read widely, act ethically, value creativity, and defend the right to access information.

Poetry Month

Thank you to our students for making Poetry Month such a fun and creative time in the IST library. Throughout April, students have explored poetry in many ways, from writing their own poems on our magnetic poetry board, sending poetry postcards, and discovering new books. Poetry has been a wonderful way for students to express themselves and experiment with language. Thank you to everyone who participated—we look forward to continuing to celebrate reading and creativity in the library!



Library End-of-Year Dates

As the end of the school year quickly approaches, please note the dates below for returning library books and borrowing books for the summer. Permission slips for summer checkout will be sent home soon.

May 22: Last day to borrow library books

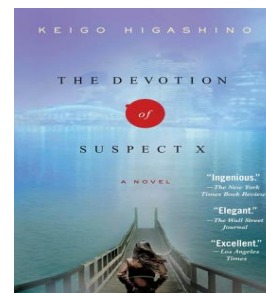
May 25-29: Library books returned & summer checkout begins

June 2: Last day for summer checkout (elementary)

Parent Book Club: May 19 in the Library

Our last Parent Book Club selection of this school year is *The Devotion of Suspect X* by Keigo Higashino. We will meet in the library to discuss the book on Tuesday, May 19th at 8:30 am. The library has copies of the book in English, Chinese, Japanese, and Korean. A digital copy in English or Chinese is also available upon request.

Please consider joining us for coffee, treats, and lively discussion—even if you didn't have a chance to read the book! Ask our library staff how to join our WeChat group, where we share information about the book club.



Library hours: Monday to Thursday 7:30 to 4:30 | Friday 7:30 to 3:30



BLAZING DRAGONS



ISCOT Elementary Football Tournament at Wellington



Just look at their faces – they had so much fun! We won some games and lost some games, but most importantly, we all had a great time. The beautiful weather made it even better to watch our students play. I was so proud to be part of these Blazing Dragons.

A massive thank you to our incredible coaches and supportive parents – your dedication, encouragement, and energy made it all possible.

Go IST!





BLAZING DRAGONS



INTERNATIONAL
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The IST High School Girls capped off a phenomenal season with a hard-fought 2nd place finish at the ISCOT final tournament! Throughout the campaign, this group stood out for more than just their skill on the court; coaches noted that this team possessed one of the strongest team dynamics seen in several years. Their success was built on a foundation of mutual trust and relentless grit, proving that while they came second on Saturday, their chemistry and sisterhood are second to none.



BLAZING DRAGONS



ISCOT HS Boys Football Tournament

Our HS Boys team wrapped up the tournament with a strong overall performance, finishing the season on a positive note.

Match 1: vs. Wellington

We won our opening match 2-0. We controlled the pace of the game and created more opportunities early on. We kept our composure throughout, and in the second half we found the back of the net twice. Our success was a true measure of growth this year as we found success against an opponent whose aggressive pressure unsettled us earlier in our season.

Match 2: vs. TEDA

In our second match, we came out forceful and scored quickly in a flurry of goals. We had a comfortable lead at halftime, and that advantage proved difficult for TEDA to overcome. We kept our momentum and finished with a strong 4-0 victory.

Final Match: vs. TIS

Two unbeaten teams faced off when we played TIS in our final match of the day. After falling behind early, we responded with determination and never fully lost the fight. The second half showed our resilience and grit. Although we created many good opportunities, we couldn't convert goals. Despite a 3-0 loss we showed strong teamwork and competitive spirit.

Closing Notes

Overall, the day was filled with many fun and exciting football moments. I am proud of the players for their commitment and hard work throughout season. A special thank you to our community for the continued support you have shown.



BLAZING DRAGONS



Sports Update

Important dates



Season done



Basketball

Saturday 9 May MS ISCOT Girls@TIS Boys@TEDA



Season done



Go Blazing Dragons!





HYROX Explained



HYROX is a global fitness race that combines endurance running with functional strength workouts. Designed to be accessible but challenging, it follows a standardized format worldwide so athletes can compare times across events.

A typical HYROX race includes:

- 8 × 1 km runs
- Each run followed by a functional workout station, such as:
 - SkiErg
 - Sled push
 - Sled pull
 - Burpee broad jumps
 - Rowing
 - Farmer's carry
 - Sandbag lunges
 - Wall balls

HYROX bridges the gap between traditional endurance events and strength-based competitions like CrossFit. It's open to everyday fitness enthusiasts as well as elite athletes, with divisions for individuals, doubles, and relay teams.

Go Dragons!



HYROX Highlights



Outdoor Fitness Journey: From IST Sport Ground to HYROX Competition

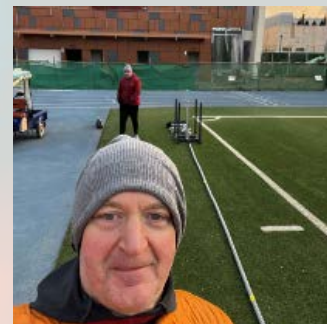
In autumn 2024, Jens, Eddie, and I began our outdoor fitness program on weekends, complemented by individual gym workouts during the week. For our outdoor sessions, we used the IST sports ground for our first workouts, which felt quite intensive but briefly we could feel the soreness for several days afterward.

Over the following weeks, we noticed increased strength and endurance, while our body weight decreased and our "old man shape" started to fade. We kept going, continuing our fitness journey.

Unfortunately, Eddie moved to Germany late last summer, but Jens and I pressed on. We came up with the idea of competing together in a HYROX event. In autumn 2025, we committed to this goal and set our sights on HYROX Hong Kong, May 8, 2026.

Our schedule included individual workouts during the workweek and focused HYROX training together on weekends. The question was: where should we train? We discovered that the IST gym was equipped with the proper facilities. We approached Steve Moddy and explained our idea. He was enthusiastic and coordinated with Ben Silvis to support us in our endeavor. We were very happy and grateful for their support.

To complete our HYROX setup, we purchased a sled, rope, and sandbag and continued our training. After a while, we learned about another HYROX event in Beijing on March 22 and decided to join as part of our training. We succeeded in our first double HYROX, finishing in 1 hour, 43 minutes, and 14 seconds—not bad for senior adults!





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As an old and wise proverb says, “The journey is the goal”, and we will continue to improve our daily lives, health, and joy. Big thanks to Ben and Steve for their support, and to our families for granting us time for our journey.

To be continued in Hong Kong, May 8th!

<https://hyrox.com/event/hyrox-hong-kong2026/>

IST Staff on a HYROX Adventure

Lesley Wang and Shan Yuan

As HYROX has grown increasingly popular in China, it has caught our attention and provided us with clear direction and inspiring goals for our daily fitness training. For this reason, Shan (the energetic lady who works in IST Purchasing Department) and I (Lesley, who works at the IST front desk) made up our minds to sign up for the HYROX event in Beijing (March 22, 2026) to push our limits. Since we had no prior experience in systematic professional training, we finally registered for the 4-person mixed relay race (Dingyan and Hui, our two friends also joined us), in which each participant completes two 1km runs and two strength stations.



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Coincidentally, Mr. Guggenheim launched the Friday Fitness program in late February. He organizes group fitness sessions after school with varied intensity levels to meet different fitness needs. The wide range of movements in these sessions provides ideal targeted training for HYROX, including thrusters, push-ups, kettlebell swings and so on.

In addition to our regular training at IST Gym, we attended specialized HYROX training at a fitness center near Meijiang on weekends. Through consistent practice, we gradually mastered all the race events. Our muscular strength and endurance improved significantly, and we no longer experienced severe muscle soreness after high-intensity workouts.

After weeks of focused, goal-oriented training, we excitedly embarked on our first HYROX race. The venue was even more magnificent and energetic than we had expected. Competing and striving together as a team, we truly felt the power of unity and the joy brought by sports. We finished the entire race in 1 hour, 20 minutes and 50 seconds, ranking 58th in our age group. For HYROX newcomers like us, this is a satisfying result and an incredibly positive start.



Do you also feel your achievements need to be highlighted? Reach out to Mr. Silvis at: Ben_silvis@istianjin.org.cn



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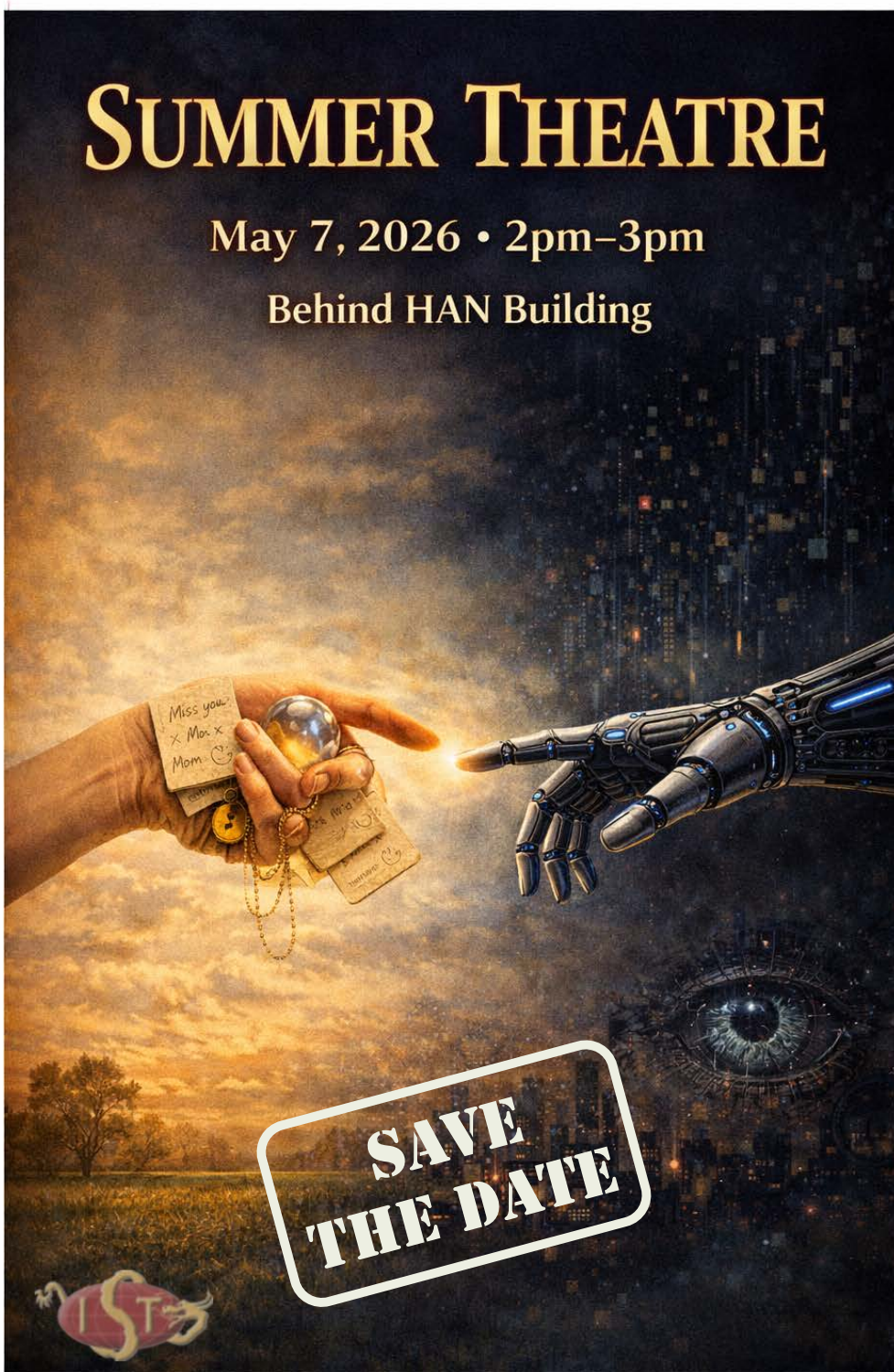
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SUMMER THEATRE

May 7, 2026 • 2pm–3pm

Behind HAN Building





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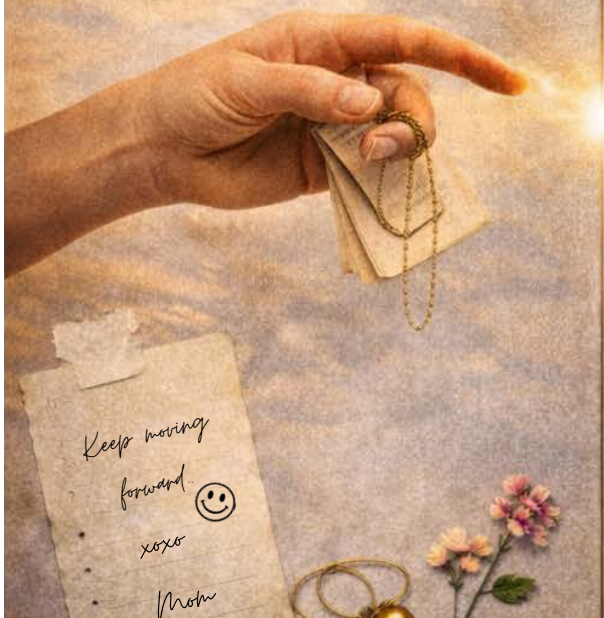
The Things She Held

By Martha Epstein
Grade 9 Drama

A simple speech spirals into chaos—Big Bang theories, awkward love, childhood memories, and thoughts that won't stay in order. It's fast, funny, and beautifully confusing—like your brain at 2am.

This is a story about the one thing we're all bad at: letting go

Mengchun Fu
Hanano Kato
Farida Li
William Song
Victoria Zhang



You Chose the Cage (Happily)

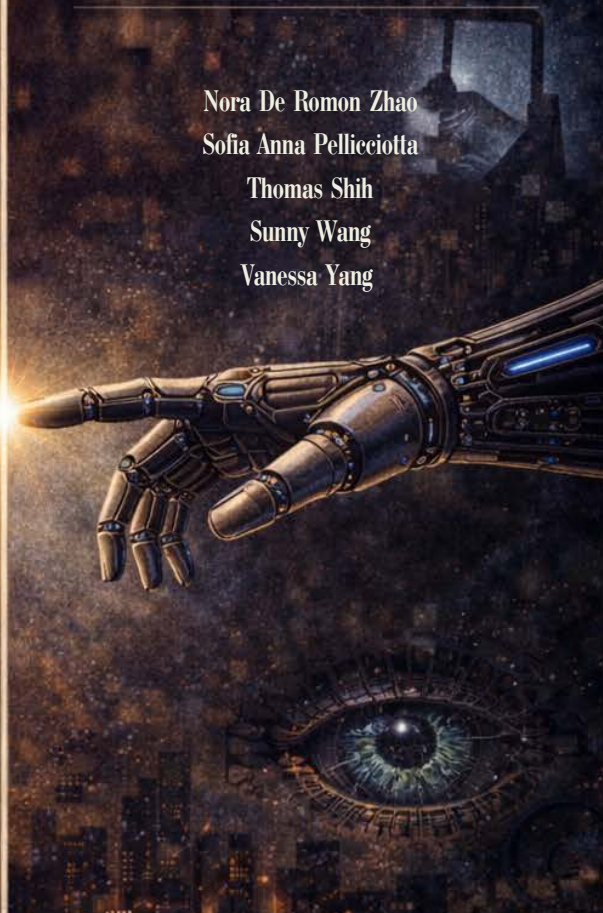
An Original Play
Grade 10 Drama

Picture this: It's Christmas, you're stressed—so you ask AI: "What do I buy mum?" Easy, right?

Suddenly everyone's hooked: essays, recipes, even therapy. It's funny. Familiar. Comforting. Until it isn't.

Because the more we rely on it... the stranger—and darker—things start to feel.

Nora De Romon Zhao
Sofia Anna Pellicciotta
Thomas Shih
Sunny Wang
Vanessa Yang





ADHD Study Tips That Actually Helped Me

Emma Tubio Mora Figueroa

Stop writing neat notes

Organized notes may work for some people at first before moving on to active recall, but not with ADHD. Start blurring, explaining information out loud, going through flashcards. Only re-write concepts over and over again, but keep it messy

The messier your notes look= the more information you are actually consolidating

Change your study location

No matter what, I make the effort to study outside my room, preferably away from home at cafes, libraries, study rooms, they help me reset and start faster.



Use hyperfocus when it comes

Hyperfocus is your biggest advantage, and can be really useful. When it happens, I use it instead of fighting it, but same goes for when you can't, don't force it. Keep a snack, water, and different drink and a clear goal to keep you going and not burn out.

Fuel your body + movement

Having at least one source protein early in the day, and daily movement, (even a 10 min walk) made a HUGE difference to my energy levels and ability to focus (especially hyperfocus)

Keep your to-do list realistic

Short and doable lists works better. Checking things off gives the dopamine you need. That will motivate you more than unrealistic lists you never finish, and the continuous guilt of "failing yourself"

The 3 routines method

The biggest thing that changed my life, was to create a step by step morning/afternoon :

- High-productivity day routine
- Most-days routine
- Low-energy day routine

This has been especially helpful on weekends or afterschool time



*Not every day feels the same, and that does not mean failure
Flexible routines > perfect routine*



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IST

WEDNESDAY MAY 22ND / 11:30AM - 12:50 PM



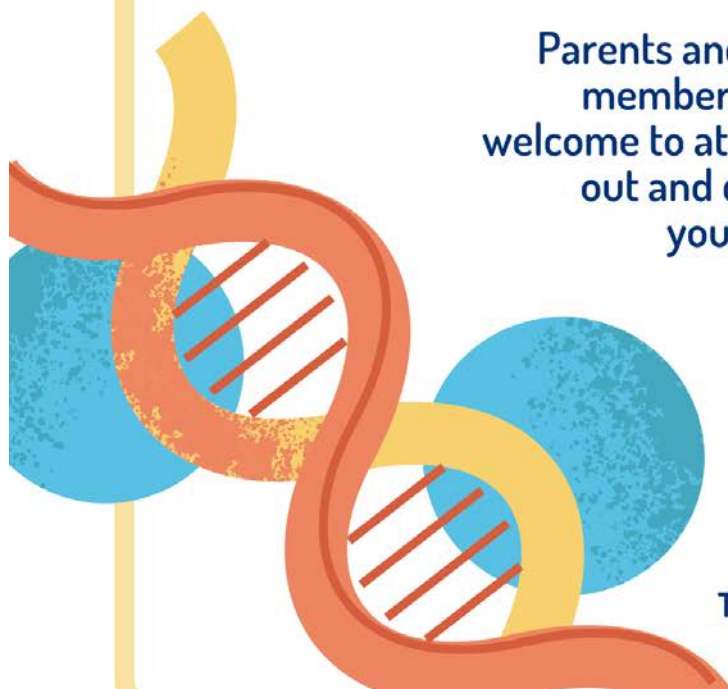
LET'S HAVE FUN!

SCIENCE FAIR



GRADE
8

Parents and community
members are warmly
welcome to attend – come
out and celebrate our
young scientists!



To be held on the second
floor of the Han building



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IST parents activities

Class	Day	Time	Place
Yoga	Monday Wednesday	8:15-9:15	Theater or Black box
English Corner	Monday	10: 00-11: 30	Elementary meeting room
Korean Class	Monday	1:30-3:00	Elementary meeting room
Spanish Class	Tuesday	1:00-2:00	Elementary meeting room
Zumba	Thursday	10:00-10:45	Theater or Black box
Chinese Corner	Friday	9:00-10:00	Elementary meeting room
Baby Dragon Playgroup	Tuesday	9:00-11:00	Nursery Classroom
Parents Workshop	Once a month	Flexible	Elementary meeting room



Food theme : Laos Asian Fusion cooking class

Menu :

1. Chicken Larb - Roasted minced chicken salad
2. Mee Ka Tee - Noodle pork curry *Halal options available
3. Mango sticky rice



- ❑ When : Wednesday, May 13th, 09:00am-2pm
- ❑ Where : IST Elementary Kitchen
- ❑ Host : Aksone
- ❑ Cost : 100 RMB per person






PARENT FACULTY ORGANIZATION
INTERNATIONAL SCHOOL OF TIANJIN

AI Translation
Glasses will be
provided!

**Wednesday
20th May**

8.15 - COFFEE AND SNACK

9.00 - WELCOME AND PFO UPDATE

9.10 - DIRECTOR & PRINCIPAL INTRODUCTION

9.30 - UPCOMING EVENTS WITH PFO

TEACHER APPRECIATION DAY

Meeting held in the Teacher's centre on 2nd floor in Han building.
Take the big black staircase to the left of the library.



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JOIN PFO VOLUNTEER TEAM WE NEED YOU

Come volunteer, stay connected!

SIGN UP NOW

PFO

IST_PFO@istianjin.org.cn



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Community-wide Goal:

At IST we share a collective commitment to cultivate a vibrant community that embodies the spirit of open-mindedness as defined by the International Baccalaureate (IB). Within the unique context of our school and host city of Tianjin, our commitment is to further nurture and enhance an inclusive environment where we all critically appreciate our own cultures and personal histories, as well as the values and traditions of others. We will seek and evaluate a range of points of view, listening with a genuine desire to understand, and with a willingness to grow from the experience.





Weekly Menu (N-G1)

4-8 May

Table with 5 columns (Monday-Friday) and 5 rows (Dessert, Main, Side, Fruit, Nutrition) for the 4-8 May period.

11-15 May

Table with 5 columns (Monday-Friday) and 5 rows (Dessert, Main, Side, Fruit, Nutrition) for the 11-15 May period.

Weekly Menu (G2-G12) 04-08 May

Table with 5 columns (Monday-Friday) and 10 rows (Salad, Main, Side, Fruit, Nutrition) for the 04-08 May period.



DIARY DATES

Monday~Friday - April 27~May 22, 2026
IB Diploma Exams

Friday - May 1, 2026
May Day Break

Wednesday - May 6, 2026
ELA Entrance Testing

Thursday - May 7, 2026
Summer Theatre

Monday~Friday - May 18~22, 2026
Secondary Exams (G9-11)

Wednesday - May 20, 2026
Departing Families Session
Teacher Appreciation Day

SPORTS DATES

5 May -
ISAC AD's AGM @ DSP
MSBB Practice 14

6 May -
ISAC AD's AGM @ DSP

7 May -
MSBB Practice 15

WELCOME TO THE IST SPORTS AND CO-CURRICULAR ACTIVITIES (CCA) PROGRAM FOR THE 2025-2026 SCHOOL YEAR

Please take note of the following dates:

Season 3 Sport Schedule

- ☺ Starts Monday, 9 March and ends Friday, 22 May
- ☺ The program will run for approximately 10 school weeks
- ☺ No CCAs during holidays and PTSCs (conferences)

Please do not hesitate to contact our department with any questions.

- ☺ Mr. Silvis - Athletics & Activities Director
(ben_silvis@istianjin.org.cn)
- ☺ Ms. Guo Ying - Activities Officer (CCA's) (ying_guo@istianjin.org.cn)
- ☺ Ms. Durian Wang - Activities Officer (Sports) (durian_wang@istianjin.org.cn)
- ☺ Activity Office: telephone 022-28592003 / extension 8150.